

1. A track and field arena having internationally approved track and field event performing areas including multilane oval and straightaway tracks, high jump and long jump/triple jump stations and pole vault and shot put stations, the arena comprising: an oval track having two turns of a required inside radius and at least six lanes; at least two straightaway tracks each having at least six lanes; at least two high jump stations and at least two long jump/triple jump stations located so each can be utilized competitively without interfering with the other and with competitively active oval and straightaway tracks; at least two pole vault stations located so each can be utilized competitively without interfering with the other and with competitively active oval and straightaway tracks and competitively active pole vault stations; and at least two shot put stations located so each can be utilized competitively without interfering with the other, with competitively active oval and straightaway tracks and competitively active pole vault stations.

2. The arena as claimed in claim 1 wherein the at least two long jump/triple jump stations, the at least two pole vault stations and the at least two high jump stations are located inside the oval track.

3. The arena as claimed in claim 1 wherein the at least two shot put stations are located outside the oval track.

4. The arena as claimed in claim 1 wherein the tracks and the field event stations are covered by an arena roof.

5. The arena as claimed in claim 3 wherein the tracks and the field event stations are covered by an arena roof.

6. The arena as claimed in claim 4 wherein the arena roof is without vertical support members within the oval and straightaway tracks and the field event stations.

7. The arena as claimed in claim 5 wherein the arena roof is without vertical support members within the oval and straightaway tracks and the field event stations.

8. A method of conducting a track and field meet having oval and straightaway running events, relay events and field events, the method comprising the steps of: having at least two straightaway running events conducted simultaneously.

9. The method as claimed in claim 8 wherein at least two long jump/triple jump events are conducted simultaneously.

10. The method as claimed in claim 9 wherein at least two pole vault events are conducted simultaneously.

11. The method as claimed in claim 8 wherein one of the at least two straightaway running events features a male runner and the other of the at least two straightaway running events features a female.

12. The method as claimed in claim 9 wherein one of the at least two long jump/triple jump events features a male and the other of the at least two long jump/triple jump events features a female.

13. The method as claimed in claim 10 wherein one of the at least two pole vault events features a male and the other of the at least two pole vault events features a female.

14. The method as claimed in claim 10 wherein the at least two shot put events are conducted simultaneously.

15. The method as claimed in claim 14 wherein the at least high jump events are conducted simultaneously.

16. The method as claimed in claim 14 wherein one of the at least two shot put events features a male and the other of the least two shot put events features a female.

17. A method of conducting a track and field meet having oval and straightaway running events, relay events and field events, the method

comprising the steps of: having the at least two straightaway running events, the at least two relay events and the at least two field events conducted simultaneously to reduce the time needed to complete the meet at least by at least 50 percent.